

About KI (Potassium Iodide)

This guide will tell you -

- ▶ **Who should know about KI**
- ▶ **What KI is**
- ▶ **Where you can get it**
- ▶ **When you should take it**

Who should know about KI?

You need this information if you live or spend time within 10 miles of a nuclear power plant.



What is KI?

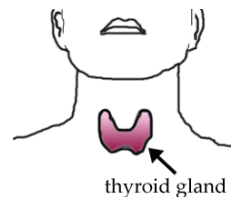
KI (the chemical name for the drug “potassium iodide”) is a small iodine pill. Iodine helps your body work well, which is why it is often added to table salt. The iodine in KI is much stronger than the iodine in the table salt you put on your food. It is also very different from the liquid iodine you can put on scrapes or cuts.

Why do you need to know about KI?

The chance of an accident at a nuclear power plant is very small. But a serious accident could cause radiation to escape from the plant. One form of radiation, radioactive iodine, could harm your thyroid gland. KI can be taken to protect your thyroid gland from this kind of radiation.

How does KI work?

Iodine is stored and used by the thyroid gland. Radioactive iodine released during a nuclear power plant accident can also be stored in the thyroid. This can cause thyroid cancer or other thyroid problems over time. KI protects your thyroid by filling it up with a safe form of iodine so that it can't take in radioactive iodine. It is important for you to know that KI *does not* protect your whole body from radioactive material. KI only protects your thyroid gland.



Why is Michigan giving KI away?

The State of Michigan will be receiving free KI from the Nuclear Regulatory Commission (NRC) for the areas near the nuclear power plants. The State is making KI available at no cost to people living or working near the plants. This does not mean that there is more risk of a nuclear accident. Nuclear power plants are safer than ever.

Where can you get KI?

You will be notified by mail when KI is available for your area. You will be able to get your free supply at a local pharmacy. It is expected that it will be available in June, 2009. The letter will include instructions on how and where to get your KI.

When should you take your KI?

You should only take your KI when a General Emergency is declared at your nuclear power plant.

Note: Emergency officials may tell you to evacuate before or during a General Emergency. If they do, evacuation is the best thing that you can do to protect your health during a nuclear accident.

How much KI should you take? You should take the following amount of KI daily for two days. The tablets can be crushed and mixed in liquid. Do not take more KI than recommended in the table. More will not help you and may increase the chance of side effects.

• Adults over 18 years including pregnant or breastfeeding women should take two 65 mg tablets	● ●
• Children over 12 years to 18 years who <u>weigh at least 150 pounds</u> should take two 65 mg tablets.	● ●
• Children over 12 to 18 years who <u>weigh less than 150 pounds</u> should take one 65 mg tablet.	●
• Children over 3 years to 12 years should take one 65 mg tablet.	●
• Children over 1 month to 3 years should take 1/2 of a 65 mg tablet, crushed into liquid.	◐
• Babies at birth to 1 month should be given 1/4 of a 65 mg tablet, crushed into liquid.	◑
If you are pregnant or breastfeeding, take the recommended dose for one day only. Call your doctor's office as soon as possible after taking KI to let them know that you've taken it.	

What side effects could you have from taking KI?

KI can cause some minor side effects. You might have an upset stomach or swelling in your mouth. Newborn babies (less than one month old) that have been given KI should have their thyroid levels checked by a doctor. Their thyroid levels could drop too low and cause serious health problems. A few people can have a serious reaction. They could have a fever, joint pain, swelling of the face or body, or trouble breathing. ***If this happens, get medical help right away!***

Who should not take KI?

You should not take KI if:

- You are allergic to iodine. (Note: A shellfish allergy may not mean that you are allergic to iodine.)
- You have dermatitis herpetiformis or hypocomplementemic urticarial vasculitis (two very rare skin conditions)

If you already have a thyroid condition, you should talk to your doctor about taking KI. If you are unsure whether or not to take KI, talk to your doctor.

Where can you get more information?

If you have any questions or concerns, call the Michigan Department of Community Health at **1-800-648-6942 between 8:00am and 5:00pm** or go to our website, <http://www.michigan.gov/KI>.

You can also find information on this website:

The Centers for Disease Control and Prevention: <http://www.bt.cdc.gov/radiation/ki.asp>